

Physical Education (K-12)
Mars Hill University

Minimum of two (2) semester hours are required to fulfill each of the following competencies unless otherwise noted.

Competency		Course Prefix & Number	Course Title	Course Offerings
A	Foundations, Principles, & Practices of Physical Education	HHP221	Introduction to Health & Human Performance	
B	Kinesiology, Fundamental Motor Skills & Movement Forms	HHP 225, 226	Team Sports Skill Lab	
		HHP 329	Kinesiology	
C	Anatomy or Physiology	BIO 134	Human Anatomy & Physiology	
		HHP 330	Exercise Physiology	
D	Fitness, Nutrition, & Obesity Prevention	HHP240	Personal Trainer	
		HHP 111	Foundations of Health & Wellness	
E	Sports, Physical & Leisure Activities (minimum required total of 2 semester hours)	HHP 119 – 212	(a variety of activities required with a minimum total of 2 semester hours)	

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Course Offering Codes:

F=Fall, S=Spring, SS=Summer Session, UD=Upon Demand
 e=even years, o=odd years, ^=online

Course typically offered **on campus** if shaded.

Notes:

- These are typical course offering schedules. Courses are not guaranteed to be offered at these times.
- Please check with the college/university for course availability each semester.
- Some courses require prerequisites be met prior to registration. An asterisk (*) denotes a prerequisite course.
- For more information from this institution, click here, <http://www.mhc.edu/>